

SACC Health Classes

*****These are some of the health classes offered at SACC.
Call SACC PERC for the full schedule*****

Stop Smoking Clinic

- Held in Building 200, Conference Room A. Check in with the Blue Team.
- This is an 8-week program. See your provider for a consult or call PERC at (818) 895-9569 to schedule.
- Orientation from 8:30am-10:00am on Fridays
- Follow-Up visits from 10:00am to 11:00am on Fridays

MOVE Level 1- Weight Management Program

- Questionnaire must be completed to be scheduled for Level 1 (available in PERC or online: www.move.va.gov)
- Held in Building 200, Conference Room C
- **Level A Classes:** 1st or 3rd Friday of the month from 9:30am-11:00am or 1st Monday of the month from 2:00pm-3:30pm
- **Level B Classes:** 2nd or 4th Friday of the month from 9:30am-11:00am or 2nd Monday of the month from 2:00pm-3:30pm

Colonoscopy Class

- Held in PERC Classroom- Building 200, Room 2500
- This class is only for patients whose providers have ordered a colonoscopy
Call PERC to schedule
- Usually Wednesdays starting at 2:00pm and Thursdays starting at 10:00am
Please call PERC for exact schedule

Healthy Heart Series

- Series of two classes
- Contact Diane Lucero, RD at (818) 891-7711 ext.5103 or Vance Davis at ext.9919 to schedule an appointment

Blood Pressure Education

- Held in Building 200, Conference Room B & C
- Contact Diane Lucero, RD at (818) 891-7711 ext.5103 or Vance Davis at ext.9919 to schedule an appointment
- 1st Wednesday of the month from 1:00pm-3:00pm

Diabetes Education

- To schedule a Level 1 class, contact the Red Team at (818) 891-7711 ext.9532 or ext.5242
- To schedule a Level 2 class, contact Mira Doshi, RD at (818) 891-7711 ext. 9041 or Vance Davis ext.9919
- Level 1 must be completed before attending Level 2